



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

Pride, Professionalism, Patriotism

Barnes Air National Guard Base

May 2009



An F-15 takes off from Barnes Air National Guard Base in full afterburner during a practice alert scramble exercise conducted on April 15, 2009.

(Photo by Senior Master Sgt. Robert Sabonis)



Col. Robert T. Brooks, Jr.

AIRSCOOP

**104th Fighter Wing
Barnes Air National
Guard Base**

Barnes Air National Guard Base
175 Falcon Drive
Westfield, MA 01085

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Chief Master Sgt. Al Reale

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Commander's Column

By Col. Robert T. Brooks

Welcome to the May UTA. Recently, on April 18th I had the honor of attending the reenactment of the "shot heard around the world" at the Old North Bridge in Concord, Mass. It was a humbling sight to behold, knowing that these men, in 1775, were shooting for the very first time at the "established army" of the time. Certainly, they understood the gravity of the situation. Later, the Declaration of Independence spelled it out concluding in these words: *"And for the support of this declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes and our sacred honor"*.

This Saturday, we will uphold the sacred honor and remember those in the 104th Fighter Wing who gave their last full measure of devotion to duty with the rededication of the F-100 memorial. This ceremony is a prelude to Memorial Day, in which we honor all those who have given their lives in defense of our nation. I thank all of you for what you do every day here as a member of our armed services, your own selfless service cannot be overstated. We will have several civilian and military Distinguished Visitors on the base Saturday, so I ask that you all uphold Barnestormer standard and put our best foot forward.

Please make sure you are ready for the June Operational Readiness Evaluation (ORE). If your UDM (Unit Deployment Manager) has asked you to do something, help the unit by getting it done. UDMs are extremely busy prior to an ORE, and you can help the team effort by making sure you take personal responsibility for completing any requirements and getting ready to deploy. Now is the time to fix any problems or discrepancies with your mobility folders. Our priority focus for May (in addition to the conversion) is the ORE, which will also help us get ready for the upcoming Health Services Inspection in August. Do your part and help the team; if you need something, to be successful, please bring it up the chain. Following the ORE, we will host approximately 10 members of the Paraguay Air Force from 15-19 June. This is part of a program known as the State Partnership for Peace, a National Guard initiative that fosters cooperation via military, socio-political, and eco-

nomic conduits at local, state, and national levels.

We just completed our quarterly safety meeting, and while things are progressing well, we have also had some ground and air safety related incidents. We all need to remember the basics, and prioritize our actions while working either on the ground or in the air. By prioritizing basic things first, we will typically also be "safe". While we work hard and play hard, the summer provides opportunities for serious personal accidents to increase. This is why the Air Force and Air National Guard has named the time between Memorial Day and Labor Day the "101 Critical Days of Summer." Enjoy the nice summer weather, but I ask that all of you play smart and be good wingmen to one another.

Thank you for what you do, I'd like to close with a quote from Winston Churchill; *"Victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory there is no survival."*

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Command Chief's Column

By Chief Master Sgt. Al Reale

Every month I prepare for the upcoming drill by making a list of the events that will occur, what the wings priorities are and then I figure out how I can best use my time to the wing meet its objectives. This month is no different, but at the same time, it is very different than what most people would call a "standard drill". We are amidst preparation for a type of training exercise we have not undergone in a while. We, as a wing, are practicing to deploy; not that we are on the hook to go anywhere, but as expeditionary Airmen, we need to always be ready.

With the June Operational Readiness Exercise 30 days away, we can see the wheels of the deployment machine moving. In previous columns I have stressed how each one of us has an important role in the unit's mission, and that is never more visible then when we prepare to de-

ploy...even if it is "just an exercise". If one part of the machine is broken, the entire system collapses. The processes are designed to allow many sub-systems to work independent of each other; all while contributing to a joint-goal. The exercise spans the entire base, from Maintenance generating aircraft, to Logistics loading cargo, to Personnel processing people. Every aspect is choreographed: people, equipment and cargo are being utilized in a precise sequence-of-events.

The point to that diatribe is, if there is a hick-up in the process, it will reverberate through the entire exercise, like a domino falling; it will cause a chain reaction which will then create stress on the deployment machine. As we use the May drill to prepare for the exercise, I ask that each and every one of you make sure your part of the process is squared-away. Look at every detail, from your deployment folder to your packing list for the bag-drag, from your Dog-Tags to your gas mask...make sure you are not the individual who is not ready.

When it comes to the movement of cargo and generation of aircraft, remember one key message: BE SAFE. This will be great practice for all of us, bringing us back to our routes of being expeditionary Airmen. Airmen have been part of every major conflict since the advent of the Army Air Corps in 1926. Our history is thick with tales of warrior Airmen who have done their part to ensure our freedoms. With Memorial Day around the corner, I propose we all take a minute during this drill to look around at what we are part of, and why we are here; then pause and reflect on those who have sacrificed their lives for us. Those heroes established the traditions of honor, pride and dedication that are now part of who we are as an American Fighting Force.



Joint Conference Strengthens Marriages

By Chaplain (Maj) Stephen Misarski

On 27 February – 1 March, pre-deployed and post-deployed military couples gathered at the Hyannis Resort and Conference Center to spend the weekend strengthening their marriage relationships. The Massachusetts Army National Guard Strong Bonds Program has been active for several years. This was the first time the event included the Air Guard. Four couples from Barnes and five from Otis attended. As the Protestant Chaplain for the 104 Fighter Wing, I joined the Army teaching staff to add the Air Guard perspective and my experience from a year long deploy-

ment in Iraq. We taught relational skills to a total of 27 couples. This included training in communication, conflict resolution, forgiveness and stress relief. The Chaplains and Chaplain Assistant interspersed practical exercises done by the couples. The program also provided plenty of time for the couples to interact and relax.

The Air Guard plans to provide more opportunities like this to enrich marriages affected or about to be impacted by deployment separation.



Ms. Sandra Wakefield, our Wing Family Program Coordinator, deserves much of the gratitude in arranging for our people to attend the conference, as well as providing funding. The Air National Guard Bureau funding was depleted for this fiscal year. Please contact her for more information, or to express your thanks at ext. 1183.

H1N1 Influenza Information

Stay Healthy

These steps may help prevent the spread of respiratory illnesses such as the flu:

Cover your nose and mouth with a tissue when you cough or sneeze—throw the tissue away immediately after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based (60-95%) hand cleaner.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

If you get the flu, stay home from

work, school, and social gatherings. In this way you will help prevent others from catching your illness.

Try not to touch your eyes, nose, or mouth. Germs often spread this way.

After possible exposure, symptoms may not appear for 3-7 days during incubation period

Stay Informed

Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical.

Reliable, accurate, and timely information is available at www.pandemicflu.gov.

Another source for information on pandemic influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week. Or visit <http://www.cdc.gov>

Look for information on your local and state government Web sites. Links are available to each state department of public health at <http://www.pandemicflu.gov/plan/tab2.html#stateinfo>.

Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and web-based information.

Boston Marathon & State Support

Editorial By Capt. Matthew Mutti, Wing Executive Staff Officer

There is no question that the Guard is one of the most versatile organizations within the state. Every time you look around there is a new and unique way that members of the guard can support the state and the country.

April 20th was no exception. 30 members of the 104th Fighter Wing went the distance to support the 114th running of the Boston Marathon.

At 5:00 a.m. members boarded a bus that would take them to miles 10-13 on the route of one of the most recognizable marathons in the world.

Their mission was simple, aide the Natick police in protecting the runners and spectators along the running route.

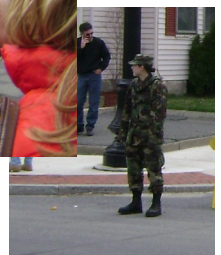
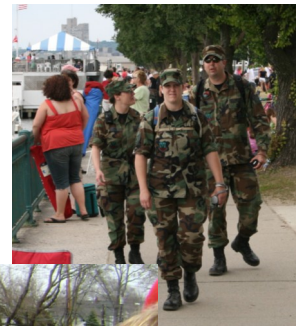
With radios in hand, these members went off to serve in a unique state support mission. Many of the volunteers had no experience in law enforcement, in fact, the volunteers were from career fields like personnel, supply, maintenance, logistics, communications, civil engineering and the band.

These members from various backgrounds also brought with them a multitude of civilian experiences, in that only 8 of the volunteers were part of the base's full-time staff.

In December of 2008, the depth of civilian experience was vital to the success of Operation BIG ICE, where members from the 104th Fighter Wing worked with the Mass. Emergency Management Agency to protect and serve the citizens that were displaced by a disastrous ice storm.

Throughout the year, many opportunities exist for members to support these unique missions. On the 4th of July the National Guard will provide support to the Boston and State Police as they celebrate independence day on the Esplanade. In addition, on 8-13 July the National Guard will support Sail Boston through it's Emergency Operations Center. These are just events to that members can volunteer for.

Volunteering for opportunities like this don't just help you build your military and civilian resumes, they also allow you insight into how other organizations work and the interdependence they have with the Air Guard.





First Sgt.'s Column By Master Sgt. Dominique Chapman, LRS First Sgt.

Well, it's that time again, and how can you tell when it's that time?

Your first indication is when you see that guy or girl that has been sitting inside all winter long working on their winter fat layer suddenly outside running because their due to take their physical assessment test in May. Is this the best way to pass your physical fitness test? Probably not, but for some, this will be the only exercise they experience before the next winter comes to play.

Now I know I don't have to remind everyone the benefits of exercise, but I'm going to do it anyway. Exercise helps prevent chronic diseases, helps manage body weight, strengthens your heart and lungs, helps you sleep better and can reduce depression and anxiety, just to name a few. Not only does it have health benefits, but it also has career benefits, because if you can't score a minimum of a 75 on your fitness test

then the Air National Guard does not want you. 75 is the magic number you will need to reenlist and get promoted.

If you have not been told by now, the old ANG Fitness site is now called the Air Force Fitness Management System. To access this site, first you need to go to the Air Force Portal, then follow these instructions:

- Go to Air Force Links
- Fitness and Health links
- AFFMS – AF Fitness Management System

Once there, you have many handy tools at your fingertips. If you're curious of what you need to do to attain a 75 or higher, you can go to the Fitness calculator and the Fitness score chart. This site also has a fit to fight tool kit with course materials and resources that bring you to links on fitness and nutrition. These sites are full of great ideas on how to change your eating habits and different ideas on ways to exercise to help you keep fit.

It's time to make a commitment and take

charge of your health and your career. The "Chairforce" is a term that no longer fits today's Airman. In today's Air Force, we have to do it better, faster, and with fewer resources. Keeping physically fit is an important step in carrying out this mission. Make a promise to yourself, get motivated, and start changing your health for the better. If you need help getting motivated, grab a friend to go to the gym with, ask your squadron's Fitness monitor, or grab your First Sergeant, we are all here to help.



Air National Guard Band on the Web

By Staff Sgt. Joseph LaRosa, Unit Public Affairs Representative

MILFORD, MA – Captain John D. Keeler, Commander, 567th Air Force Band, has announced a new .mil web-site for the Air National Guard Band of the Northeast. The latest information on the band – including a list of upcoming performances -- is now available by visiting www.bandofthenortheast.ang.af.mil.

"Our new web site is loaded with interesting information about our band," said MSgt. Chuck Edgerly, the unit's operations manager. "In addition to our schedule, there is detailed information about the unit's performing ensembles as well as recruiting information," he added.

The new web site was designed by SSgt. Steve Dickerson, an alto saxophonist in the unit. "We've had an un-

official site for a number of years, but our new site is fully compliant with Air Force standards and has links to the sites of other Air Force and Air Guard bands throughout the world," said SSgt. Dickerson.

The site also features photos and descriptions of the unit's performing groups as well as information on the band's leadership and members along with contact information for those interesting in having the unit at an upcoming event.

The Air National Guard Band of the Northeast is a thirty-five member unit of the Massachusetts Air National Guard. Although supported by the 104th Fighter Wing at Barnes Air National Guard Base, the band rehearses at Massachusetts National Guard Headquarters in Milford, MA. The Band is responsible for all of New England, New York State, and New Jersey.

The band's mission is to support Air Force recruiting, public relations and direct support to the units of the Massachusetts Air National Guard and all Air National Guard units in New England and New York. According to Capt Keeler, this new site should assist the unit's mission by reaching out to the public and military communities.



April Commander's Call

By Capt. Matthew Mutti, Wing Executive Staff Officer



Tech. Sgt. Gregory Pauli receives the Bronze Star with Valor from Gen Michael Akey during the April UTA. (Photo by Tech. Sgt. Melanie Casineau)

Maj. General Michael Akey, Commander of the Mass. Air National Guard, presented a Bronze Star award for Valor to Tech. Sgt. Gregory Pauli during the April Commanders Call.

Tech. Sgt. Pauli was recognized for his heroism while serving as an Explosive Ordinance Disposal Team Leader at Bagram Airfield, Afghanistan on 1 Jun 2007. While his team responded to a improvised explosive device, a

second device exploded in their path, killing and injuring members of his team. While pinned by small arms fire, Sgt. Pauli established command, control, and security to the site and assisted in executing combat lifesaving actions to the severely injured team members. After further securing the area,

Sgt. Pauli planned and led the Casualty Evacuation which was imperative to the survival of his team members.

"The actions of Sgt. Pauli demonstrate the selflessness and warrior spirit of all our Airmen," said Col. Robert T. Brooks, 104th Wing Commander. "His actions are indicative of our core values, and we are proud to recognize his efforts."

Also during this commander's call, Master Sgt. Ernest Smith was recognized as the top production recruiter in the entire Air National Guard. He was awarded a Gold Badge for his efforts in attaining 53 accessions for the Mass. Air National Guard in 2008.

Meritorious Service Medals were also awarded to the following individuals for their dedication to the 104th Fighter Wing. (r) denotes a retirement decoration. Lt Col Anderson, Lt Col Charles Coulouras, Senior Master Sgt. Thomas Dumais, Senior Master Sgt. Robert Sabonis, Master Sgt Mark Fortin, Master Sgt. Keith Parent (r), Master Sgt. Curt Pichette (r) and Lt Col Emmanuel Saridakis



Lt Col Anderson, Lt Col Coulouras, SMSgt Dumais, MSgt Fortin, MSgt Parent, MSgt Pichette, SMSgt Sabonis, and Lt Col Saridakis awarded the Meritorious Service Medal. (Photo by Tech. Sgt. Melanie Casineau)

To culminate the Commanders Call, Lt. Col. James Halley was named the commander of the 104th Operations Support Flight from Lt. Col. Emmanuel Saridakis.



Master Sgt. Ernest Smith is congratulated by Maj Gen Michael Akey for being selected as the Recruiter of the Year. (Photo by Tech. Sgt. Melanie Casineau)



Lt Col James Halley assumes command of the 104th Operations Group on April 15, 2009. (Photo by Tech. Sgt. Melanie Casineau)

Photos ~ April



A. F-15 responds and taxis out for take off during alert scramble exercise. (Photo by Senior Master Sgt. Robert Sabonis)

B. Filmstrip of an F-15 Alert Scramble exercise. (Photo by Senior Master Sgt. Robert Sabonis)

C. F-15 takes off in full-after burner during an alert exercise (Photo by Senior Master Sgt. Robert Sabonis)

D. Senior Airman Tiffany Sudyka and Tech. Sgt. Chris Margarites proudly display their Iron Chef entre dishes. Senior Airman Sudyka won with her stuffed pork chops over Sgt. Margarites Chicken Brochoi Alfredo. (Photo by Tech. Sgt. Melanie Casineau)

E. Senior Airman Glenda Santos and Airman Ben Roncarati prepare to engage a suspect in a Security Forces Training exercise. (Photo by Master Sgt. Mark Fortin)

F. Members of EAC man the water station during the Oleksak Road Race. (Photo by Master Sgt. Mark Fortin)

EAC Column

By Senior Airman Jennifer Krutka, Command Post Controller

EAC held its monthly meeting in April and we had some special visitors. As all should know by now, the scarecrow program was in full effect last drill. The members who identified the scarecrow received both the wing commander and command chief's coin for excellence, but also a lottery ticket from the First Sergeants. Tech Sgt Patrick Renna, Tech. Sgt. Peter Tallman, Airman Sara Edwards and Staff Sgt Karla Beaulieu were the observant members who found the Scarecrow. These members were recognized during our meeting. Along with these winners, other unit members of the base used the scarecrow program to approached fellow wingmen and asked if they were the scarecrow, by design, 36-2903 discrepancies were corrected and the entire base looked sharp. This program is proof that with every-



body's vigilance, we can improve our standards and become an even more outstanding Air National Guard unit.

We also discussed some future events that EAC will be involved with. In November, the annual Veterans Ball will be hosted in Western Mass. EAC, along with other wing agencies will be planning this year's event. A date and venue has not been selected, but your input is always welcome. In addition,

EAC will be planning a Dining Out in February 2010. We will be looking for volunteers to help with these events, please contact your EAC representative if you are interested.

As we approach the 4-day June drill, if you are having issues with your employer as it relates to time off to participate in the drill, be sure to speak to your supervisor or First Sergeant. The published UTA order is available for your employers, and ESGR is always available to help. This UTA letter will be available from the commander on the importance of this drill.

This UTA at the Dining Facility EAC will have a table set up with information on what we do. We encourage you to stop by and take a look!

Airman Spotlight : Senior Airman John Bermudez

By Ms. Caresse Parenteau, Southwick Tolland Regional High School Intern

Recently, I was given the opportunity to take a behind the scenes look and learn all the secrets within the Traffic Management Flight Workplace at the 104th Fighter Wing. A "transportation packer" has many responsibilities such as sorting through packages or letters containing classified information and giving them primary task levels such as TP1. There are three primary task levels; TP1 means the package needs to be sent out the same day it was received, TP2 and TP3 allow for more time. Safety is of the utmost importance so members receive safety training by watching videos on how to properly use their equipment and are required to utilize safety items such as goggles and gloves.

SrA John Bermudez has spent 3 years in the unit. He joined, in 2005, while still in high school and attended basic training during the summer of 2006. Life Support was his first career choice but his experience with machinery persuaded him to choose transport packer. SrA Bermudez has lived in Westfield all of his life, and when first looking for a career had said, "I want a career in a field where I already have some experience...I love every day of it." He's attended Holyoke Community College for two years and plans to return for his major in criminal

justice.

SrA Bermudez has set many goals for himself while here at the 104th Fighter Wing. His first goal was to create a system for the organization for the warehouse, and during my visit, it seemed his work paid-off. Future goals of his are to rebuild the Composite Tool Kit by adding foam inside to hold all the tools in place. The added benefit of this will be to help keep track of the items. For military goals, his dream is to become a Chief Master Sergeant someday, and I wish him the best of luck.

The Cargo Movement Operation System is used to rate the items, record the number of packages, as well as the size and weight of those packages. All packages going to the same location are placed into a larger container and shipped together. I was able to observe Airman Bermudez use all of the

equipment in the section, such as the chop-saw and a giant packing peanut tube. Packages are always coming and going and they can range from high priority airplane parts to low priority bolts and letters. Certain packages must be handled by the supervisor and some tasks require teamwork because of the size of the package. SrA Bermudez says, "It's one big family here and we all rely on each other." He is very proud to be part of the 104th Fighter Wing family.



Senior Airman Bermudez cutting plywood for a shipping case.

(Photo by Senior Master Sgt. Robert Sabonis)



Safety, 'How Goes-It?'

By Senior Master Sgt. Thomas Dumais, Ground Safety

Seatbelt check yields 11 non compliant unit members

As you can tell, spring has sprung, and summer is knocking at our door. This is a perfect time for us to roll up our sleeves and get ready for the good weather ahead. Before we do, I ask that you consider the below mishaps and injuries we have experienced to possibly help you prevent your own. As some of you may know, during the April Sunday UTA the safety office conducted a seatbelt check at the main gate and to our surprise, we identified 11 of our personnel not wearing their seatbelts. This is not an acceptable behavior, and we ask that you keep an eye out for each other and make sure you, your coworkers, and fellow

wingmen are buckling up. If there is one thing I can tell you it is this: If I put you in a wheelbarrow and push you until it is moving at a rate of 30+ miles per hour, and all of a sudden I stop the wheelbarrow, you will not like the outcome, especially if I put a piece of glass in front of you. Please buckle up! Your life and the way you look depend on it!

April—Injuries

1. Worker injured; strained back; lifting box cover; restricted duty days

2. Worker injured; sprained ankle; walking in parking lot; no lost time

Worker injured; sprained thumb; working on aircraft; no lost time

April—Mishaps

1. Off base vehicle accident; damaged GSA van; turning in parking lot; \$500 damage

2. A/C engine damage; FOD damage; unknown source; \$1500 damage

3. Aircraft ramp asphalt separation; blast deflector and Bldg 1 damage; jet blast; \$1800 damage

A/C ingested intake cover; abrupt engine

shut down; cover left on during engine start; no damage

The last item I would like to address to you is that we are once again approaching the "101 Critical Days of Summer" safety campaign. This year it begins on the Friday before Memorial Day weekend and ends when you return to work after Labor Day. We ask that you take extra care when driving, boating, swimming, and all of the other summer related activities you will participate in. One of them being parties! If you drink don't drive, swim, boat, or try any activity you wouldn't if you were sober! We hope you have a great time, SAFELY!



Teachers in the Guard Earn Cash

Compiled by Master Sgt. Deborah Shilaikis, Recruiting Office Supervisor

Being a teacher and a member of the National guard could get you a \$10,000 bonus from the Troops to Teachers Program (TTP).

The Troops to Teachers Program's focus is to aid eligible veterans and service members either transition into teaching upon completing their active duty time or if in the guard wish to change careers and enter into public school teaching.

If you are currently a teacher, with 10 years of creditable service and are deployed, you may qualify for a \$10,000 bonus from the TTT Program. To be eligible you must be teaching in a TTT bonus eligible school and return to that school

upon your return from deployment. You can also be eligible for this bonus if upon your return you change schools and the new school you teach at is a bonus eligible school. Additionally, if you get a different certification in a critical shortage subject area as determined by your state, and teach in a bonus eligible school, you can receive the \$10,000 bonus. A list of TTT eligible school districts can be found at www.nnettt.org.

In order to receive any bonus money, you must **register** with the Troops to Teachers Program **prior to your deployment**. The TTT Registration form can be found on the national TTT web site www.proudtoserveagain.com.

Prerequisites for this program include a bachelor's degree if wanting to teach in a K-12 school, or one year of college and six years of experience in a vocational/technical area. Additional criteria includes a minimum of 10 years creditable service, either in active duty service, and/or the guard, and a willingness to remain in the guard for an additional three years or until retirement.

For more information contact Kenneth R. McCann, LTC (Ret) USAR, 1-866-888-0201, kenneth.mccann@maine.edu.

SFC Kevin Dupont, brother of MSgt Chris Dupont (Retired 104 CES) was badly burned in Afghanistan last month. Please contact Ms. Pat Connors at 568-9151 x 1717 for ticket information. Donations can be made to SFC Kevin A. Dupont Fund c/o Pioneer Valley Federal Credit Union



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SFC KEVIN DUPONT



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KNIGHTS OF COLUMBUS ELDER COUNCIL 68

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KIDS UNDER 5 FREE

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Military Kids Club Update

Compiled by Tech. Sgt. Tina Dimino-Frazier

Free Week of Overnight Camp for Military Youth Offered!

Operation Military Kids (OMK), an initiative to support all military children affected by Overseas Contingencies Operations, is offering 2 free weeks of overnight camp this summer at YMCA Camp Lyndon, Sandwich MA. Space is limited to 50 youth each week ages 8-15. Dates are July 26-31 and August 9-14. These camps will provide a residential camping experience to military youth during which they will learn life skills, interact with other military children and have fun. Funding is provided by the Dept of Defense. To apply, contact Suzanne Swift, Director YMCA Camp Lyndon 508-428-9251 ext 201 or swift.ymcalyndon@gmail.com.

Visit www.operationmilitarykids.org/MA or www.ymcacapecod.org for more information.



Contact:

Gretchen May
Extension Educator 4-H
OMK State Team Coordinator
101 University Dr
UMass Amherst, MA 01002
413-577-0332
gmay@umext.umass.edu

What's My Line Winner!



Photo by Master Sgt. Mark Fortin

Submit your funny, creative and appropriate caption for this photo..

We will run the winner and a runner-up in next months AirScoop.

Submit your entry to:

PA.104fw@mabarn.ang.af.mil

Last month's winners are:

"Damn, you missed him, drop it again."
- Tech. Sgt. Dave Chapdelaine

"When I nod my head, you hit it!"
- Master Sgt. Paul Barsalou

"Are you sure it's plugged in? Wilson is pushing the keys on the keyboard, but I don't hear any DAMMM music"
- A Retired Master Sgt.

"Shine the light over here... I think I found my thumb drive."
- Master Sgt. Dave Frates

"well, I'm pretty sure it's a gator, but maybe we should get Col Brooks over here to confirm"
- Ms. Smith (MSgt Ernie Smith's Mom)

What's My Line?



Photo by Senior Master Sgt. Robert Sabonis

National President's Challenge

The "National President's Challenge: Be Active Your Way in May!", gets underway 1 May - 24 July 2009. The Challenge requires you to be active for 30 minutes / 5 days per week, for a total of 6 weeks. The Challenge lets you choose from almost 100 different activities which can be found at the following website:

www.presidentschallenge.org/the_challenge/active_lifestyle.aspx#

This is strictly a volunteer program. For more information, to include how to register and get started, please log-on to the following websites:

www.presidentschallenge.org/the_challenge/index.aspx

www.presidentschallenge.org/login/register_individual.aspx

www.presidentschallenge.org/



What Activities Count?

The President's Challenge lets you choose from almost 100 different activities. So you're sure to find at least one you like.

Aerobics	Darts	Jai Alai	Rowing	Stretching	Volleyball
Archery	Diving	Juggling	Rowing Machine	Surfing	Walking
Badminton	Downhill Skiing	Kayaking	Rugby	Swimming	Wallyball
Baseball	Fencing	Lacrosse	Running	Table Tennis	Water Aerobics
Basketball	Field Hockey	Lawn Bowling	Sailing	Tai Chi	Water Jogging
Baton Twirling	Figure Skating	Lifting/Hauling	Scuba Diving	Tennis	Water Polo
Bicycling	Fishing	Marching	Shuffleboard	Track & Field	Water Skiing
Billiards	Foot Bag	Martial Arts	Skateboarding	Trampoline	Weight Training
Bowling	Frisbee	Motor Cross		Trap & Skeet	
Boxing/Kickboxing	Gardening/Lawn	Mountain Biking		Unicycling	
Calisthenics	Mowing	Mountain Climbing			

Mass. Air Guard Volunteer of the Year

By Ms. Sandra Wakefield, Family Support Office

Saturday, April 25th, a Volunteer Training and Recognition event was held at the Sheraton Framingham Hotel and Conference Center. Five members of the 104th Family Readiness Group attended the all day event. Attendees were Patricia Connors, Chairperson, Cindy Patnode, Treasurer, Lyn Richards, Secretary, Antonieta Ferriera and Cindy Connors, volunteers. Brig Gen Sellars and Col Brooks attended the luncheon and awards ceremony.

Approximately 100 volunteers from throughout the State received training in various subjects affecting military members and their families. Some of these sensitive subjects were Suicide Awareness, Yellow Ribbon Program and the VET Center. Various volunteer groups set up displays showcasing the activities offered by the different groups.

The Recognition portion of the event highlighted a State Volunteer of the Year, one from Air and one from Army. Ms. Cynthia Connors from the 104 Family Readiness Group, was chosen for the Mass. Air National Guard Volunteer of the Year Award which was presented by Brig. Gen. Sellars and Col. Robert Brooks. Ms. Connors has

been a volunteer for the 104th Readiness Group for many years, and has generously given of her time and energy to the members of the 104th Fighter Wing. She has worked many volunteer events held at the Base, and also given her time to work the 2005 National Volunteer Conference that was held in Boston. Cindy also volunteered to work the many Air Shows that have been held at Barnes. She has also served as the Secretary for the Executive Board



Oleksak Road Race

By Capt. Matthew T. Mutti, Wing Executive Staff Officer



A1C Miguel A. Gonzalez running in the Oleksak Road Race. (Photo by Master Sgt. Mark Fortin)

Annually, the Wing participates in many community support projects. During the April Unit Training Assembly, the wing assisted with the Westfield Boys and

This year the Enlisted Advisory Council organized the support for this event. 5 members from the EAC provided refreshments to more than 200 runners.

The wing is a proud community partner with the Boys and Girls Club of Greater Westfield.

Girls Club's annual 1/2 marathon road race. Wing members support the race through manning a water stop as well as members from the base running in the race.



Lt Col Michael C. Cousins running in the Oleksak Road Race. (Photo by Master Sgt. Mark Fortin)



A1C Chad Hammon hands water to runners in the Oleksak Road Race. (Photo by Master Sgt. Mark Fortin)

Barnestormer & 131st Fighter Squadron T-shirt for sale

Black shirts with 131st patch, Gray shirts with 131st patch and the BarneStormers F-15 logo, and Red shirts with the F-15 Silhouette are on sale for \$15 each. Shirts are available in sizes Medium—Extra Large

Supplies are limited



131st Fighter Squadron
Barnes ANGB, Massachusetts



Please contact of the individuals listed below:

- 1) Lt. Nate "Sniper" Oswalt at Nathaniel.oswalt@mabarn.ang.af.mil
- 2) Capt. Neal "Rug" Byrne at Neal.byrne@mabarn.ang.af.mil
- 3) Lt. Corey "Tin'em" Mackey at Corey.mackey@mabarn.ang.af.mil

Become a member of the Pioneer Valley NCO Club



New Wing Coins in Stock

The new 104th Fighter Wing coins are on sale for \$5.00

To purchase, please contact your first sergeant.



Welcome to our Newest Members

BAHLKE, GEORGE	AMXS
EDWARDS, ALAN	AMXS
WATKINS, JAMES	AMXS
CHANDONNET, DEREK	AMXS
KARRASCH, ANDREW	MXS
VELKY, MATHEW	AMXS
GREEN, RYAN K.	AMXS
CABLE, MICHAEL	AMXS
LARSON, ROSS	MXS
MANCINI, JOSEPH	MXS
TEATS, SHAWN	AMXS
MATEUS, JOEY	AMXS
BONNER, JUSTIN	MXS
KELMELIS, SAMUEL	AMXS
CONDIKE, JAMES	AMXS
DECORMIER, DANIEL	AMXS
CYR, ROBERT W.	AMXS

Base Honor Guard

Are you looking for a rewarding way to give back to the community, do you like to participate in team-centered events, would you like to have an impact on the families of our fallen heroes through providing military honors, would you like to have an opportunity to present the colors at local sporting events, memorials, and parades? If so, the Honor Guard may be an organization worth looking into.

Maximum/Minimum Grade: NA

Unit: 104th Fighter Wing

POC for more information: Capt. Matthew Mutti at matthew.mutti@ang.af.mil

Practices: The First Tuesday of the Month

Chaplain Assistant

Maximum/Minimum Grade: E-5 / SSgt

Unit: 104th Fighter Wing

POC for more information: Master Sgt. Petee at petee.thomson@manbarn.ang.af.mil

DSN 698-1311; Commercial (413) 568-9151 x 1311

Congratulations on your Promotions

To Airman (E-3)

Airman Basic Brown, Allysun, AXS



To Senior Airman (E-4)

Airman 1st Class Edwards, Jesse, MXS

Airman 1st Class Miller, Travis, MXS

Airman 1st Class Crossman, Tanya, MXS

Airman 1st Class Wilson, Travis, AXS

To Staff Sgt. (E-5)

Senior Airman Gould, David, AXS



To Tech. Sgt. (E-6)

Staff Sgt Pavelchak, Thomas, AXS

Staff Sgt Harbachuck, Joseph, AXS



To Master Sgt. (E-7)

Tech Sgt. Hepburn, Scott, AXS

Congratulations to our Retirees

Meyer, Tina	FSS	30 Apr 09
Maio, Ruth	FSS	7 May 09
Chapdelaine David	CF	17 Jun 09
Guyette, Rolland	MOF	23 Jun 09
Moore, David	FW	2 Jul 09
Keefe, Gary	JFHQ	31 Jul 09
Rhodes, Charles	SFS	30 Aug 09

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Air Force Mentoring

Mentoring is a critical component of the Air Force's Force Development construct. The program is normally a relationship in which a person with greater experience and wisdom guides another person to develop both personally and professionally. Mentoring is not a promotion enhancement program, but is designed primarily to prepare Airmen for increased responsibilities.

Air Force mentoring covers a wide range of areas, such as career guidance, technical and professional development, leadership, Air Force history and heritage, air and space power doctrine, strategic vision, and contribution to joint warfighting.

Some of the benefits of the mentoring program are:

- Enhanced capacity to translate core values and strategies into productive actions
- Increased mastery of the institutional and occupational competencies
- Smoother transition for Airmen to receive further professional career development
- More knowledgeable Airmen about the Air Force strategic plan and direction
- Greater retention of Airmen
- More efficient leaders
- Better communicators who are strategic in their thinking
- Creation of a more innovative environment with more Airmen having the universal perspective

A good resource to use while mentoring enlisted Airmen is "My Enlisted Development Plan (MyEDP)." This plan provides a modern, web-based approach for enlisted Airmen to manage their career development. Available via the Air Force Portal, MyEDP is a one-stop-shopping electronic toolkit enabling Airmen to designate their mentor or mentee, collaborate with peers, and track their professional career progression. Air Force officials plan to roll out officer and civilian versions of this program by fall 2009. Another important resource for mentors & mentees is the information contained in AFI 36-3401, *Air Force Mentoring*. Revised AFI is expected NLT 1 Oct 2009.

104TH FIGHTER WING

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